

THIS is SNAP-Ed at WORK in NORTH CAROLINA

SNAP-Education, or SNAP-Ed, is a program that helps people with low incomes learn how to eat healthy and stay active. It is part of SNAP (Supplemental Nutrition Assistance Program), which helps families buy food when money is tight. While SNAP gives money for groceries, SNAP-Ed teaches people how to make smart food choices on a budget to live healthier lives. SNAP-Ed programs also work to increase access to healthy, fresh foods by building infrastructure supports for local communities.



Cuts to food and nutrition education programs are expected to lead to poorer diets, increased health care costs, and decreased revenue to farmers and the local economy.

SNAP-Ed at work in District 3 *Data from FFY2024

FFORC at UNC Chapel Hill is a SNAP-Ed implementer. We have active SNAP-Ed projects in District 3 located in Duplin and Sampson counties.



4

Community-based programs



~\$50,000

Estimated cost of locally grown produce & value added to the local food system



344

SNAP-Eligible families & seniors received produce



\$44,600

Total economic investment from SNAP-Ed funds



32,972

Total pounds of fresh produce grown locally

SNAP-Ed is a PROVEN, COST-EFFECTIVE PROGRAM that reduces food insecurity, supports the health of children, older adults, and veterans. SNAP and SNAP-Ed also reduce health care costs, improve educational outcomes, and support local economies. For example, For every \$1 spent on nutrition education and SNAP-Ed programs, the government saves as much as \$2 in food costs, and as much as \$10 in healthcare costs.

What YOU can do:

- **Invest in programs** that provide nutrition education for healthy eating to improve workforce performance, economic productivity, and cognitive development and academic success for students.
- **Come experience** nutrition education and other community-based health initiatives by visiting SNAP-Ed programming in your district!

DISTRICT 3

The **Diversity Nurtures Achievement (DNA) Community Youth Center** offers academic support, and hands-on enrichment activities such as gardening, nutrition education, sports and exercise opportunities, and other STEAMA (Science, Technology, Engineering, Agriculture, Mathematics, and Art) activities for youth K-12 in Duplin County. Their mission is to empower all youth to reach their full potential and grow up to be safe and healthy, graduate high school, go to college, find careers they love and then give back to their communities. In 2024, DNA worked to expand their garden programming to other community sites, donating the produce grown to local seniors and neighbors experiencing homelessness.

The **Coharie Community Garden's** mission is to continue their rich cultural heritage of gardening and provide fresh and healthy produce to Coharie Tribe members, Sampson County community neighbors, and beyond! The Coharie Indian Tribe is located in the southeastern region of the State of North Carolina in the counties of Harnett and Sampson. In addition to their community garden, they provide services to its enrolled members in the areas of housing, economic development, employment, educational opportunities, tribal enrollment, cultural arts, health, and community services. In 2024, the Coharie Tribe began work to refurbish the central medicine wheel at their Tribal Center and are building new raised beds to surround it.

Cost of

produce
 returned

“The main purpose of how the garden started is in order to bring the community to the people.

~Coharie Community Garden volunteer



image: Goats, taken care of by the youth participants, are part of the agricultural education at the DNA Community Center.



image: Completed raised beds and the soon-to-be-painted medicine wheel, which will continue to be used for tribal ceremonies